



Adding **VARIATIONS™** to Support Positions and Exercises

TRUNK DEVELOPMENT BASE POSITIONS	I GOT THIS
Designed to Increase System Stability. Remember All Activation Cues!	
Plank	
Bear Crawl or Dead Bug	
Supine or Hollow or Table Top	
Side Bridge	

END RANGE POSITIONS	I GOT THIS
Designed to Increase Mobility / Flexibility	
Squat, Cossack, Overhead [Bottom]	
9090 Trail + Lead (Butt on Ground)	
Bear Sit (Feet Flat)	
Hurdler / Modified Hurdler	
1/2 Kneeling (Squeeze Glut, + Pull Foot In)	
1/2 Kneeling Middle Split (+Pull Foot In, Squeeze Glut)	
1/2 Kneeling Diagonal (Squeeze Glut)	
1/2 Kneeling Bulgarian (Squeeze Glut)	
Sissy Squat	
Frog / Butterfly	
Seated Middle Split	
Standing Middle Split	
Pigeon (Knee Inside Hip)	
Standing Hip Extension (Squeeze Glut)	

* Colours are codes for the HIP Function Targeted

FOUNDATION MOVEMENTS FEATURES	I GOT THIS
4 Squats + Push, Pull, & Rotate	
Hinge	
Split Stance	
Squat (Depth 5 - Hip Below Knee, Hips over heel)	
Cossack (Depth 5 - Hip Below Knee)	
Overhead Squat (Depth 5)	
Single Leg Squat (Hinge for Hips, Leg Line Straight)	

HIP CONTROL SUPPORT EXERCISES	I GOT THIS
** See Hip Control Exercise Standards **	

SHOULDER CONTROL SUPPORT EXERCISES	I GOT THIS
** See Shoulder Control Exercise Standards **	

() = Key Standard / Cue

Add **VARIATIONS™** to make positions and exercises more Engaging, Efficient, and Effective.

Disclaimer: *Not all Variations will work with all Positions and Exercises.*



Questions To ASK

1. **CANNISTER?** Can I engage my trunk more? Am I giving my MAX Effort? Am I Shaking? Can I make the position or exercise more challenging? Without losing centration and breaking lines.
2. Is my shoulder Centrated?
3. Is my head forward?
4. What position is my rib cage in? Is my ribcage **STACKED** on my pelvis?
5. Do I have pad pressure?
6. Am I splayed?
7. What are my foot doing?

+ End Range Activation

INS (RAILS)- Activate In
OUTS (PAILS) – Activate Out
GOLDEN ARMOR – Full Activation

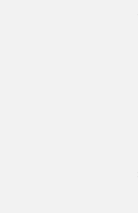
+ Tempo / Partial

4:2:2, Pause and Hold 3s,5s +
Bottom, Top, ½, Etc, Oscillations

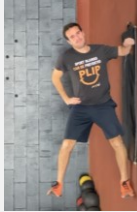
+ Upper Movements & End Positions

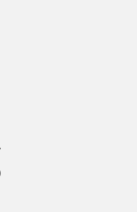
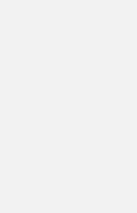






+ Lower & Spine Movements (Twist, Hinge)





FITS *EXAMPLE VARIATIONS*

There are many more possilities with specific and general benefits. The examples listed showcase some of our favorite variations. We'll be sharing other variations on our social media so keep on the lookout. White exercises represent Base Positions and Exercises. Light Green and Italic exercises are variations.

SQUAT DEVELOPMENT				
	Split Stance / Lunges	Squat / Overhead Squat	Cossack (Lateral Squat)	Favorite Flows - BASIC
	Develop co-contraction and key joint systems (ankle, knee, hip)	Develop a near vertical trunk position with hips over heels . Key Cues include knee flare and push hips forward. The knees should be over the toes in the bottom position.	Essential for lateral change in direction control and explosiveness. Aim to always have a near vertical trunk position and depth 5	A FLOW is simply transitioning from one base position to another as smoothly as possible repeatedly.
	Reverse Lunge	Goblet Squat	Goblet Cossack	9090 to Bear Crawl
	Diagonal Lunge	Goblet Squat + Bicep Curl	Overhead Cossack	9090 to Middle Split + Fold
	Walking Lunge	Squat [Prisoner]	Cossack [Prisoner]	9090 [Prisoner] to Hurdler + Fold
		Bus Driver Squat	Drop To Cossack	Bear Sit to Cossack
		Squat Overhead	Cossack - Switch	Get Down Series
	<i>Drop to Split Stance</i>	<i>Squat [Bottom] + Y Pull</i>	<i>Cossack [Bottom] + Y Pull</i>	1/2 Kneeling to 1/2 Kneeling Middle Split
	<i>Split Stance [Bottom] + Oscillations</i>	<i>Squat [Bottom] + Press</i>	<i>Cossack [Bottom] + Press</i>	
	<i>Split Stance [Bottom] + Mini Hops</i>	<i>Squat [Bottom] + See Saw Press</i>	<i>Cossack [Bottom] + See Saw Press</i>	
	<i>Split Stance [Bottom] + Mini Lateral Hops</i>	<i>Squat [Bottom] + Single Arm Press</i>	<i>Cossack [Bottom] + Overhead</i>	
	<i>Split Stance Switch</i>	<i>Squat [Bottom] + Overhead</i>	<i>Cossack [Bottom] + I</i>	
	<i>Standing Fall to Split Stance</i>	<i>Squat [Bottom] + I</i>	<i>Cossack [Bottom] + Heart Beat</i>	
	Drop to Split Stance to Impulse	<i>Squat [Bottom] Heart Beat</i>	<i>Cossack [Bottom] + Shoulder CARS</i>	
	Split Stance 5:2:X	<i>Squat [Bottom] + CARS</i>	<i>Cossack [Bottom] + Pallow</i>	Click For A Playlist of Favorite Flows
		<i>Squat [Bottom] + Hip Openers and Closers</i>	<i>Cossack [Bottom] + Oscillations</i>	

END RANGE DEVELOPMENT (Flexibility / Mobility)			
	Hip Flexor Variations (1/2 Kneeling or 1/2 Kneeling Bulgarian)	CAR VARIATIONS	1/2 Kneeling Middle Split Variations (Adductor)
	Tightness is combination of posture, weakness and poor glut activation. All hip flexor mobility exercise MUST have full glut and trunk activation.	This is a powerful position to develop complete hip rotation (CARS). Aim to always be able to sit flat on your sit bones - no lean. Use Poles to help maintain neutral spine.	Helps to address the adductor, hip flexor and glut activation
	1/2 Kneeling (2 Pole)	9090	1/2 Kneeling Middle Split Thruster
	1/2 Kneeling Bulgarian	Bear Sit	1/2 Kneeling Middle Split
		Squat [Bottom] +++ PAIL / RAIL	
	1/2 Kneeling (2 Pole) + CARS	9090 [Trail Leg] + Hip Opener	1/2 Kneeling Middle Split [Prisoner]
	1/2 Kneeling (2 Pole) + Lift Over	9090 [Trail Leg] + Hip Closer	1/2 Kneeling Middle Split + Y Pull
	1/2 Kneeling (2 Pole) + PAIL/RAIL	9090 [Trail Leg, Overhead] + Hip Opener	1/2 Kneeling Middle Split + Y Pull*
	1/2 Kneeling + Heart Beat Flexion	9090 Trainstion*	1/2 Kneeling Middle Split + Y Pull* + Single Shoulder CARS
	1/2 Kneeling + See Saw	9090 Thruster	
	1/2 Kneeling + Heart Beat Flexion	9090 [Trial Leg External Rotation] + PAIL/RAIL	1/2 Kneeling Middle Split + Pallow*
	1/2 Kneeling + Pull	9090 Trail Leg ISO Internal Rotation	1/2 Kneeling Middle Split + Lift Overs
	1/2 Kneeling + Rotate		
	1/2 Kneeling + Shift (Away)		

TRUNK VARIATIONS

Same as Trunk Development Levels

LEVEL	Bear Crawl Variations	Deadbug (DB) / DBH Variations	Hallow Variations	Table Top Variations
Neutral Spine Development	Bear Crawl - Top Activation	Deadbug Wall Press	Hallow [Legs Elevated]	Table Top + Walk Out
	Bear Crawl (H)	Deadbug Wall Press + Leg Lower (SL, O, 45)	Hallow + Marching	Table Top + Adductor Control
	Bear Crawl + Cross Activation	Deadbug + Arm Circles	Hallow + Overhead	Table Top + Straight Leg Raise
	Bear Crawl + Cross Extension	Deadbug + Twist	Hallow + Circles	Table Top March
		Deadbug - Extremity Lower (SL, O, 45)	Hallow + Overhed [Flutters]	ADD: + Pull (A,T, Y, I)
Increasing Neutral Spine Control Ability			Hallow + Alternating Extremity Raise	ADD +++ [A,T,Y,I]
	Bear Crawl + Lateral Walk	Deadbug Pull (B) + Leg Extension	Hallow - Arm Side (Flutters)	Table Top Single Leg + Shift with Straight Leg 45
	Bear Crawl + Body Circle	Deadbug (B - Adductor)	Hallow - Arm Side (Side Flutters)	
	Bear Crawl to Plank (Slide)	Deadbug - Swissball Squeeze	Hallow [A] or [L] or [T] or [Y] or [I]	
	Bear Crawl to Star Fish	Deadbug Cross Crunch + Leg Extension	Hallow + Reachout	
	Bear Crawl + Shoulder Touch	Deadbug (Jabs)	Hallow + Leg Flutters	
	Bear Crawl + Twist	Deadbug [P - Part]	Hallow + Side Flutters	
Develop Ability To Separate			Hallow + Leg Abduction	
			Hallow + Snow Angels Add Load	
	Bear Crawl + HIP CARS	Deadbug Hallow (Bar) + SL Extension	<-- See Deadbug Hallow (Bar)	Table Top Single Leg + Hop to Straight
	Bear Crawl + Glut Activation	Deadbug Hallow (Bar) + Crunch	Hallow to Overhead Tall Sit	Table Top Star Fish + Striaight Leg Raise
	Bear Crawl + Straight Leg Abduction	Deadbug Hallow (Bar) + Overhead	All III Series Plus Load	
	Bear Crawl + Y,I, ER	Deadbug Hallow (Bar) + Side	Hanging Series	Slide) Single Leg Hamstring Curl
	Bear Crawl to Plank (B)	Deadbug Hallow (Bar) + Side + SL Extension		Swiss Ball) Single Leg Hamstring Curl
	Bear Crawl (H,P Feet) / (P Hands)	Deadbug Hallow (Bar) + Side + Leg Abduction		Band) Hamstring Blaster
	Bear Crawl to Bird Dog	Deadbug Hallow (Bar) + Row		Continue with Single Leg Hip Thruster and Loaded Hamstring Development
		Deadbug Hallow (Loaded) + Figure 8		
	Bear Crawl + Overhead Pull (Bar)			
	Bear Crawl (FP)			
IV				
	Bear Crawl Touches + Jabs			